

Food for the Faithful

From the beginning

"In the beginning God created the heaven and the earth" Gen 1:1. In verse 27, God created man. When formed, Adam and Eve were given "noble TRAITS of character" and "High intellectual powers," yet they were to develop character by the CHOICES they made. Therefore, "at the very beginning of man's existence a check was placed upon the desire for self-indulgence," and "the tree of knowledge [food]...was to be a TEST of obedience, faith, and love of our first parents." (PP 48-9; compare with Gen. 2:17)

Death is mostly E-A-T. And Satan "overcame Adam and Eve upon appetite." For through "indulgence of appetite" Satan can control our "minds and being." (Gen. 3:6; 3T561-2)

If a person conquers appetite he will have the "moral power to gain the victory over EVERY other temptation of Satan" (3T 491-2). Inasmuch as "food" is a constant temptation right from birth, appetite is a very wonderful training tool. The baby's mother should present only a strict vegetarian diet (other than actual breast feeding), training the child to continually exercise self-control, remembering that it's character is formed and it's destiny determined by the CHOICES it makes.

As diet plays such a large part in man's history, let us briefly skip through the pages of time.

The first chapters of the Bible, particularly Genesis 1:29,30, reveal that both man and animal were created to be strict vegetarians. (The only exception, apparently, was the nursing of offspring on its mother's milk, until weaning.) In other words, man was to exist upon natural foods, without even the use of dairy or egg products.

Blood and Fat

About 1700 years later, after the Flood had torn up the vegetation, God allowed (not commanded) men to eat flesh. But if they did, they would pay price, having their life span reduced by the very animals they ate. (Of the hundreds of animal diseases, it is known that more than half can be passed from animal to man.) The average life span of man before the Flood was about 909 years. But after animal and animal products were introduced into the diet, the next 10 generations lost an average of 73 years of life per generation, down to Abraham's age of 175 years. (And today, despite modern medicines, we are still down 70-75 years, which still does not recommend this type of diet.)

Several hundred years later, when God led His chosen people out of Egyptian slavery, He immediately switched them over to vegetarian manna. But they preferred flesh and eventually were allowed such, with regulations.

"Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under careful restrictions, which tended to lessen the evil results. The use of swine's flesh was prohibited, as also of other animals and of birds and fish whose flesh was pronounced unclean. Of the meats permitted, the eating of the fat and the blood was strictly forbidden." Testimony Studies on Diets & Food 63

"The Israelites were forbidden to eat the fat or the blood. 'It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood [Lev.3:17]. This law not only related to beasts for sacrifice, but to all cattle which were used for food. This law was to impress upon them the important fact that if there had been no sin there would have been no shedding of blood..."

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"The blood of the Son of God was symbolized by the blood of the slain victim, and God would have clear and definite ideas preserved between the sacred and the common. Blood was sacred, inasmuch as through the shedding of the blood of the Son of God alone could there be atonement for sin. Blood was also used to cleanse the sanctuary from the sins of the people, thus typifying the blood of Christ which alone can cleanse from sin. The fat was to be used in sacrificial offerings with the beasts, but in no case was it a suitable article of food. If used, disease would be the sure result." ST 7/15/1880 (Compare PP355; GC418)

"For whosoever eateth the fat of the beast, of which men offer an offering made by fire unto the Lord, even the soul that eateth it shall be cut off from his people. Moreover ye shall eat no manner of blood, whether it be of fowl or of beast, in any of your dwellings. Whatsoever soul it be that eateth any manner of blood, even that soul shall be cut off from his people." Lev 7:25-27

Down Through Time

Again, through Isaiah, God pointed toward complete vegetarianism (Isa. 11:6-9; 65:21-25. Compare with Dan. 1:8-16).

John the Baptist was a vegetarian picture of what God's people are to become in these last days (Mark 1:6,7; 3T61-2). "Locusts" are pods of the Locust or Carob tree, and the Spirit of Prophecy confirms that John's diet was "purely vegetable" CDF 71, 3T62).

Likewise, John the Revelator spoke of a time when there would be "no more" pain or death (Rev. 21:4).

In **1844**, God, in a very marked manner, began calling His people out of Babylonian slavery, pointing them toward the heavenly Jerusalem. Within four years, He was directing attention to their diet, and altering it. (See James White's comments in CDF 495-8.) Thereafter they received much information on health, including the meat-eating question in **1863**. (2T153)

During **1867** the Spirit of Prophecy referred us to 1 Peter 2:11, saying: "Abstain from fleshly lusts which war against the soul"....tea, tobacco, and flesh-meats...is...hurtful." And "health reform" was to be agitated and urged "home upon others." (1 T 546-8,486,489. Compare 1 Cor.3:16-17; 6:19-20; 10:31; 3 John 2.)

Thus today is our Lord gently trying to switch us back to strict vegetarianism. Because He once permitted animal products, does not mean that He would not withdraw that permission. He once authorized eating fruit from the Tree of Life; but later withdrew not only permission, but the very tree itself. He also gave ceremonial/sacrificial laws; but when He came to cancel those laws, the Jews had Him crucified. They preferred to cling to their own ideas; so they refused the King of light.

Even Our Sanctification

Let us here consider an important distinction. When we accept Jesus as our personal Saviour and Leader, we are counted as perfect, even though we are not actually so. Jesus' righteousness is credited (imputed) to our account.

But Jesus wants us to be like Him, literally. How can this be accomplished? By OUR choices! We can CHOOSE to love and serve Jesus and give Him our will. Thus our whole nature will be brought under His control (2 Cor.10:5) So the process of perfection begins. Jesus reveals His will to us, something that He wants us to do, saying "If ye love me, keep my commandments" "Ye are my friends, if ye do whatsoever I command you." (John 14:15; 15:14)

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He allows us the CHOICE of obedience or disobedience, of life or death. By means of the Holy Spirit, Jesus endeavors to implant (impart) His righteousness, His character, His very life, into us.

If we yield, and truly accept whatever He is pointing out, then we are truly converted and have become like Him on that particular point. It is Jesus living IN us Who has gained the victory. And point by point, step by step, we are converted back into His image for eternity (Col. 1:26-27; Gal. 2:20).

Therefore, let us accept ALL His revealed will, including diet, as honest sincere Christians are expected to do, because "...to obey is better than sacrifice..." whereas "rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry..." (1 Sam 15:22,23).

Just For "Her" Day?

Concerning diet, in past centuries disease in the animal kingdom was not nearly as terrible as today. The time has come for us to cooperate with God rather than rebel against His counsel.

Back in **1868** the Spirit of Prophecy advised: "We are composed of what we eat, and if we subsist largely upon the flesh of dead animals, we...cannot avoid eating the meat of dead animals which are to a greater or less degree diseased... The fluids and flesh of these diseased animals are received...into the blood, and pass into the circulation of the human body, becoming fluids and flesh of the same... The liability to take [get] disease is increased tenfold by meat-eating. The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh-meats. Meat-eating deranges the system, beclouds the intellect, and blunts the moral sensibilities. We say to you, ...your safest course is to let meat alone." (2T60-64)

From **1870 to 1906**, a time of great dietary uncertainty and medical ignorance, the Spirit of Prophecy was wisely leading God's people away from meat-eating and toward strict vegetarianism, bearing "positive testimony against tobacco, spirituous liquors, snuff, tea, coffee, flesh-meats," suggesting also that many flesh-eating people were being "filled with cancerous and scrofulous humors. Their bodies are composed of what they eat." "Cancers, tumors, and all inflammatory diseases are largely caused by meat eating.... People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated." "God's people are to take a firm stand against meat eating." "Those who digress OCCASIONALLY to gratify the taste in eating a fattened turkey or other flesh-meats, pervert their appetites, and...are controlled by taste, not by principle." "Not an ounce of flesh meat should enter our stomachs." "Many who are now only half converted on the question of meat eating will go from God's people to walk NO MORE with them." (3T21; 3T563; CDF 388; CDF 383; 2T487; CDF 380; CDF 382).

And in **1890**: "Again and again I have been shown that God is trying to lead us back, step by step, to His original design,-- that man should subsist upon the natural products of the earth." (CDF 380)

Notice this specific warning from our Lord in **1898**: "In a short time the milk of the cows will also be excluded from the diet of God's commandment-keeping people. In a short time it will not be safe to use anything that comes from the animal creation." (CDF 411)

In **1899**, again the warning was given: "The light given me is that it will not be very long before we shall have to give up using any animal food. Even milk will have to be discarded. Disease is accumulating rapidly." (CDF 384)

Three years later, in **1902**, our all-knowing and gracious Lord commanded: "Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because

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disease in animals is increasing in proportion to the increase of wickedness among men.. God will given His people ability and tact to prepare wholesome food without these things. Let our people discard all unwholesome recipes... By precept and example make it plain that the food which God gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state." (CDF 460, see also 7T 135)

In the same vein, God has given us ample warning: "The effect of cheese is deleterious... Cheese should never be introduced into the stomach.... Cheese is...objectionable; it is wholly unfit for food." (CDF 236,368)

God forcefully and authoritatively declared in **1905-1906**: "Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing.... The grains, with fruits, nuts, and vegetables, contain ALL the nutritive properties necessary to make good blood.... In grains, fruits, vegetables, and nuts are to be found ALL the food elements that we need." (CDF 313)

Brothers and sisters, our Lord Jesus is calling us up to higher ground -- a diet free from all animal products. As indicated by the Spirit of Prophecy quotations above, God's people will do away with all animal products and enjoy a diet of wholesome foods made of non-animal sources.

Extremes

The last few words in the Counsels of Diet and Foods appendix, are those of James White regarding the counsels on health given to his wife: "...all changes in diet should be made carefully, one at a time. And while she [his wife, Ellen White] would say this to those who are in danger of making changes too rapidly, she would also say to the tardy, Be sure and not forget to change."